



Dr. Zielonka is pleased to announce the latest edition of the...

HUMAN PERFORMANCE LECTURE SERIES (Winter 2012)

Dr. Zielonka lectures 3 times per week each and every week as a community service in an effort to educate the public. The Human Performance Lecture Series (originated by Dr. Zielonka) is the most extensive of its kind in Canada comprising 63 different health topics. Our goal is to help you take an active role in achieving and maintaining optimal health. It is open to our patients, their guests and the general public and is provided free of charge. All lectures are designed and presented by Dr. Zielonka unless otherwise noted. Please reserve your space in advance.

DATE TIME LOCATION
Tuesdays 12:00pm World Exchange Plaza (Ground Floor)

DATE	TIME	LECTURE
Tuesday January 31, 2012	12:00pm	The Doctor's Report ~ The Doctor's Report is an essential lecture for all patients and is a prescribed component of your treatment program. This 35 minute workshop will give you essential information for you to maximize the benefits of your care. It will also lay the foundation for what you can expect as your treatment progresses and help you achieve and maintain the health goals that you desire. Learn about true health, the 5 Keys to Health, optimal nervous system function, preventing spinal degeneration, optimizing energy and organ function, having a stronger immune system and so much more. This workshop is great for non-patients and soon to be patients as well.
Tuesday February 14, 2012	12:00pm	Sitting on the Job ~ A must for all office workers as this workshop discusses the 4 factors involved in proper ergonomics (most workshops only discuss 2 factors). Learn how prolonged sitting causes headaches, stress, carpal tunnel syndrome, low back pain and even premature aging. More importantly learn what you can do about it.
Tuesday February 28 th , 2012	12:00pm	Optimal Exercises for the Computer Worker ~ In this new follow up to Dr. Zielonka's "Sitting on the Job" workshop learn how to combat chronic work posture with specific exercises that can be done right at your desk. A must for all office workers. Presented by Dr. Zielonka's exercise therapist and certified personal trainer Tanya Wakefield.
Tuesday March 13, 2012	12:00pm	The Science of Vitamins ~ Join Dr. Zielonka as he reveals startling new information from his latest book. Discover how to properly read a vitamin label, which ones are best, how drug companies skew vitamin studies, what the science really says and much more. A must for everyone to prolong the quality and quantity of your life.
Tuesday March 27, 2012	12:00pm	Metabolic Detoxification and Intestinal Cleansing ~ Find out how toxins stored in your body can be the cause of numerous health problems affecting people today and how important detoxification is for optimal health! Also understand its role in jump starting any weight-loss program for those New Year's resolutions.

ALSO EVERY TUESDAY EVENING FREE OF CHARGE TO EVERYONE

Every Tuesday (please - by pre-registration)	5:30pm	The Doctor's Report (as described above)
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ALSO ANNOUNCING A BRAND NEW PROGRAM – "BODY FAT % MEASUREMENT & NUTRITION BRAIN CHANGER"

This new unique 8 week program includes a weekly measurement of your body fat percentage using bioelectrical impedance as well as a brief weekly **Nutrition Brain Changer** handout– a unique idea presented by Dr. Zielonka that is likely to challenge some common beliefs that most people incorrectly hold about proper fat loss. Done during your regular adjustment time or other scheduled time for non-patients. Cost: 8 week program \$175.

SPECIAL INVITATION

Interested in hearing a special lecture? Organize a minimum group of 12 people for your non-profit group or organization and Dr. Zielonka is willing to donate his time to give a complimentary lecture at our office. Please ask for details.

COMPLETE LIST OF LECTURES

Excellence in Health – Parts 1, 2, 3	Boost Your Immune System
Optimal Nervous System Function	Die Healthy
Super Health for the 21 st Century	Doctor's Report
Sitting on the Job	Reversing Aging
Vitamins, Minerals & Anti-oxidants	Vaccinations
Mastering Stress	Chiropractic Care and Children (Asthma, ear infections)
Fit or Fat	Fibromyalgia
Ageless Body, Timeless Mind	The Injury Prevention Workout
Towards Death	Spinal Stabilization & Proprioception
Towards Wellness	Enter the Zone
Headaches	Motor Vehicle Accident and Work Injury Prevention
Low Back Pain	Raising a Healthy Drug-Free Family
Carpal Tunnel Syndrome	The Ritalin Controversy
Healthy Bones for Life	Expectant Mothers
The Truth about Cholesterol	The Art of Yoga
Optimal Nutrition for Young Athletes	The A to ZZZZ's of a Good Night's Sleep
Optimal Stretch Class	Healthy Beliefs
The Healthy Attitude Adjustment	The 7 Greatest Health Myths
Health for Life	Emotional Intelligence
Biotonix Bioprint	Fats that Heal, Fats that Kill
Abs for Life	TQ1000 & TOG Gaitscan (ultimate custom-made orthotics)
Core Science (the optimal nutritional supplement)	Chiropractic: Safety Second to None
Backpack Safety	Chiropractic: Wellness Care for Life
The Natural Approach to Osteoporosis	Metabolic Detoxification & Intestinal Cleansing
Nutrition Insanity	Posture - It's Elementary
Connecting Your Body, Connecting Your Soul	Awesome Abs
Your Best Swing	



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PLEASE VISIT OUR WEBSITE AT:

**www.excellenceinhealth.com or www.drzonline.com
and www.facebook.com/excellenceinhealth**

Please note that Dr. Zielonka is available to speak at your workplace or other groups at his usual professional fee. Ergonomic assessments, occupational health consulting and a wide range of corporate wellness programs are also available. Please call our office for details.